



Emotions around Vulnerability

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- What emotions come up for you when you think about being vulnerable? Anger? Fear? Shame? Sadness?
- SIFT your mind for Sensations, Images, Feelings, and Thoughts that arise when you imagine expressing vulnerability.
- Are there critical inner voices that come up when you imagine being vulnerable?
- What is an underlying vulnerable feeling you have? Anxiety? Sadness? Shame? Loneliness? Anger?
- What is the want or need beneath the vulnerable feeling? Is this a need for closeness or validation?
- What fears arise when you imagine expressing this vulnerable want or need? For example, do you worry about being rejected, feeling embarrassed or diminished?
- Try to express vulnerability this week and notice the feelings that arise.